



ENHANCE
FITNESS®

New Fall Schedule

Effective Tuesday, September 6

September 6 - December 16

(No classes on November 11, 24 & 25)

When: **Sit and Fit**
Tuesdays & Thursdays
12:45 - 1:45 p.m.

Enhance Fitness
Tuesdays, Thursdays & Fridays
2 - 3 p.m.

Where: Bees Landing Recreation Center
1580 Ashley Gardens Blvd.,
Charleston, SC 29414

For more information, call (843) 724-2489.



ROPER
ST. FRANCIS